

## THE DINING EXPERIENCE

When I go out to eat I have certain expectations. I expect that the restaurant be clean, decorated to fit a certain theme, and have proper lighting to set the mood depending on the occasion. I want to know when the food arrives it will be hot and look appetizing on the plate. We all deserve fine dining experiences.

Recently I had the opportunity to attend a Culture-Change seminar hosted in Ponder Auditorium. The focus of the seminar was how to improve the dining experience for residents who live in long-term care communities. My reason for being there was to obtain ideas on how to enhance the dining experience for residents in the Pavilion Healthcare Center. It was an amazing time of learning and sharing with representatives from other communities.

We saw a DVD concerning how one community changed its dining experience. They made pureed food look appetizing on the plate. The dining experi-

ence is not just how the food tastes, but what it looks like and what it brings to mind. I love to go visit my mother in PA because I know that I will be able to eat some Pennsylvania Dutch cooking. We usually have chicken and waffles, and baked corn for one meal because I love it so much. It brings back wonderful childhood memories. The simple smell of a dish can elicit these memories as well. I am excited about ways to improve the dining experience for residents who live in the Pavilion Healthcare Center. I will work closely with Morrison's Senior Dining on how to make transitions happen.

Looking forward to the future.

Jennifer King  
Healthcare Administrator

## TYPES OF HEARING LOSS

There are three main types of hearing loss: sensorineural, conductive and mixed hearing loss. I will address sensorineural hearing loss this week.

*Sensorineural* refers to the most common type of hearing loss. The tiny hair cell receptors in the inner ear are damaged, missing or not working properly. This commonly occurs from:

- A natural change of aging or family history of hearing loss.
- Damage caused by loud sound or noise exposure – even from many years ago. The tiny hair cells are damaged at the time of exposure but may not show hearing loss until many years later – similar to sun damage.
- Disease or infection in the inner ear (occurs 5-10% of people.)

Roughly 85% of people with hearing loss have sensorineural hearing loss, also referred to as “nerve” hearing loss. This type of hearing loss cannot be corrected with medication or surgery. Properly fit hearing aids are the best way to treat this type of hearing

loss and regain speech understanding.

Anita Carroll, Audiologist  
403-3277

Lilly & KC Leung at their new home in Hong Kong. Lilly holds the two great grandchildren while KC looks on.

Lilly and KC send their best wishes to all their friends at Croasdaile Village.



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Resident Services

### Thought For The Week

Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all.

~Stanley Horowitz

### Inside This Issue

At DeWitt's End	1
Dashes From Denise	1-2
Window Screens	2
Housekeeping	2
Giving Opportunity	3
Urinary Incontinence	3
The Dining Experience	4
Types of Hearing Loss	4

## Croasdaile Village



### AT DEWITT'S END



A few years ago, I began encouraging our managers to become involved in various civic organizations, participating in community events. Patty Gentry was one of the managers who took this seriously. Resident Bob Weynand sponsored Patty for a membership in the Tobaccoland Kiwanis Club of Durham, and she has served on this club for just over three years.

The Kiwanis Club is an honorable group with an impressive defining statement: “dedicated to changing the world one

child and one community at a time.” The club raises money and creates opportunities for children within the Durham community. After several years as a member, Ms. Gentry was installed as president of the Kiwanis Club on October 4th. We are proud of Patty, and the contribution that she is making to Croasdaile Village and the community at large.

Howard

### DASHES FROM DENISE

October is an exciting month! The community will host hundreds of guests for various events! With that excitement comes a need for resident hospitality and flexibility. Most affected will be some of our exercise classes in Ponder Auditorium. One doesn't have to live or work here long to realize that this space is the gathering space on campus, and when large groups are here, out of necessity that's where they need to meet. I ask for your patience, especially the Thursday morning exercise groups, as they appear to be the ones most affected.

Who is coming? The second year medical students from Duke University Medical School will be here on the 12th. A few residents will be needed for the gait and balance assessments, and many team members will be interviewed by these students to gain an understanding of life in a continuing care retirement community.

On the 14th a small group of first year nursing

student from Duke Nursing School will begin their work with people, as opposed to textbook examples. One group will come on Thursdays and the other on Fridays for approximately eight weeks and work in our health care setting. They would like to interview IL residents on Thursday and Friday October 28 and 29 to do a health history. If you are free at 11:00 on either of those days and would like to participate, phone me , 3521, to sign up.

On the 18th a group of Life Enrichment staff from Life Care Services communities around the country will arrive for a tour. We want every public area to be filled with residents engaged in something they love: dancing, playing bridge, reading a play, playing an organ, etc. Croasdailers did this earlier in the year when marketing people from across the country toured. 4:30 is an odd time of the day for classes, therefore

## WINDOW SCREENS

In response to numerous calls to varied departments concerning missing screens from years back or no screens at all, in August residents were asked to contact Jessica Godwin to have your name placed on a list. Many residents did this. If you are one of the residents who did not call Jessica and have missing screens, contact her at extension 2489 to get your name on this list.

When the Environmental Services Dept. conducted window washing this year, they noticed many missing and several damaged screens. Damaged screens are being repaired by Maintenance and will be reinstalled by the custodians.

The two departments are working together to replace or repair screens on campus. We need an accurate master list. If you have already called Jessica at ext. 2489, disregard this request. If you have called or have not called in the past, we ask that you call Jessica again and have your name and number of missing screens placed on this list.

Patty Gentry, Director of Resident Services

James Sanes, Director of Plant Operations

## HOUSEKEEPING

Many residents know Sandra Williams from her years working with the Croasdaile Village Environmental Services Team. Sandra is the housekeeper on our lower level of the Homestead, assists our Annual Cleaning Team when someone is out and acts as a trainer in our department. Beginning immediately, Sandra will assist with phone calls in the Environmental Services Dept. (ext. 4400). She will be at the desk Monday & Tuesday's from 2:00 - 3:30 and Wednesday - Friday from 12:00 - 3:30, schedule permitting. Sandra can assist residents with minor housekeeping issues and contact John Sanders or any one of our supervisors by radio if needed. Join me in congratulating Sandra on her new responsibilities.

Patty Gentry, Director of Resident Services

## DASHES FROM DENISE

residents who volunteer will need to be prepared if their group or class is asked to participate!

On the 20th the North Carolina Annual Conference Board of Ordained Ministry will have its Call Retreat here to interview and get acquainted with persons who want to enter ordained ministry. Residents will be needed as hosts and hostesses throughout the day. Call me at 3521 if you are interested in taking a turn.

Denise Waters, Life Enrichment Director/Chaplain Assoc.

## HAPPY BIRTHDAY

William Alexander - 03 Helen Levering - 03 Sue Pickard - 03 Edwin Coffin - 04

Martha Riley - 04 Joy Wintermute - 04 Sue Bryant - 05 Marjorie Pruett- 05

Ralph Turlington - 05 Edith Hansen - 06 Frank Nelson - 07 Carol Walter - 10

Jean Cook - 11 Lois Fenoglio - 11 Thomas Latta - 11 Maria Nash - 11

Gyongyi Quin - 14 Edward Bratcher - 15 Ann Wright - 15



## HAMBURG STEINWAY PIANO GIVING OPPORTUNITY

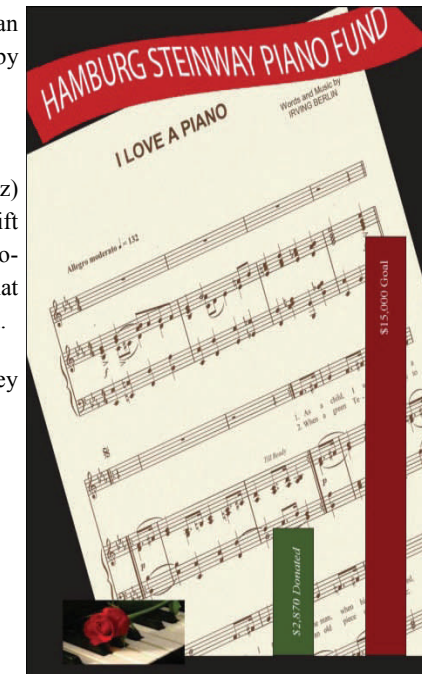
Residents and friends of Croasdaile Village have an opportunity to enhance the sounds of music for all by contributing to the Hamburg Steinway Piano fund.

New Croasdaile Village residents Francis (Fritz) Whang and his wife Barbara, are making a partial gift of this piano which is currently in Ponder Auditorium. The Steinway Piano Committee is asking that residents make a tax deductible donation to this fund.

- A two hundred dollar gift (\$200) buys a key signature chord.
- A one hundred dollar gift (\$100) buys a key.
- Gifts of \$75, \$50 or \$25 may be made.

These gifts may be made in honor or memory.

Checks for these gifts may be made out to the UMRH



Foundation with Hamburg Steinway Piano fund on the memo line, and mailed to the UMRH Foundation, 2600 Croasdaile Farm Parkway, Ste A-500, Durham, N. C. 27705 or dropped off at the Croasdaile Village administrative offices for in-house mail.

## URINARY INCONTINENCE

*Sarah loves to spend time with her friends talking about grandchildren and visiting with neighbors. But lately she's been having a big problem that keeps her from enjoying life. Because she can't get to the bathroom on time, and is having more frequent episodes of being unable to hold her water. Sarah doesn't know why this is happening, but the problem keeps her at home.*

Incontinence is often seen as part of aging. But it can occur for many other reasons. For example, urinary tract infections, vaginal infection or irritation, constipation, and some medicines can cause bladder control problems that last a short time. When incontinence lasts longer, it may be due to:

- weak bladder muscles
- overactive bladder muscles
- damage to nerves that control the bladder from diseases such as stroke or Parkinson's disease
- diseases such as arthritis that may make it difficult to get to the bathroom in time
- blockage from an enlarged prostate in men

Sarah may have a problem with bladder control called urinary incontinence. While it can happen to anyone, urinary incontinence is more common in older people. Women are more likely than men to have incontinence. If this problem is happening to you, there is help.

Incontinence can often be cured or controlled. The therapy department has trained clinicians who can develop a program to help address some of the factors which contribute to urinary incontinence. Contact us to determine if you would benefit from the services we can offer. Jen Aimone, Heritage Healthcare

## Thank You

To all my friends who made my 90th "Celebration of Life" a special, joyful day with your cards, gifts, visits and all my Happy Birthday wishes...

I want to thank you all from the bottom of my heart!

Lorraine Chappell